

JIM DAILEY FITNESS & AQUATIC CENTER

July Aerobics Schedule

Phone: 501-664-6976

Effective July 1, 2016



| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------------|---|--|---|--|------------------------------------|--|
| Morning | 6:00AM to 7:00AM | Step Aerobics Bill | Cardio Sculpt Bernice | Step Aerobics Bill | Body Sculpt Bernice | Step Aerobics Bill | 8:30 AM - 9:30AM Body Conditioning Ernest |
| | 6:30AM to 7:30AM | Yoga Wesley | | Yoga Cee Cee | | Yoga Cee Cee | |
| | 9:00AM to 10:00AM | Total Body Blitz James | Zumba LaWanna | Body Clinic Ernest | Zumba LaWanna | Total Body Blitz James | |
| Midday | 10:15AM to 11:00AM | Seniorcise Aerobics Deede | | Seniorcise Aerobics Deede/Staff | | Seniorcise Aerobics Kim | |
| | 11:00AM to 11:30AM | Seniorcise Weights James | | Seniorcise Weights Staff | | Seniorcise Weights Kim | |
| | 11:30AM to 12:00PM | Seniorcise Stretch /Tone James | Piyo Cynthia | Seniorcise Yoga Cee Cee | Piyo Cynthia | Seniorcise Stretch /Tone Kim | |
| | 12:30PM | | | | | | |
| Evening | 4:45PM to 5:15PM | | Beginner Body Sculpt Staff | | Beginner Body Sculpt Staff | | |
| | 5:00PM | | | | | | |
| | 5:15PM to 6:00PM | Bootcamp Staff | Total Fit Sterling Body Conditioning Staff | Bootcamp Staff | Total Fit Sterling Body Conditioning Staff | | |
| | 6:00PM to 7:00PM | Step Aerobics Darrell Yoga Cee Cee | | Zumba LaWanna Yoga Cee Cee | | | |



- * Class/Instructors are subject to change. Schedule can be found online at www.lpr.org.
- * Class must have a minimum of 3 participants within the first 10 minutes in order to be taught.
- * Body Conditioning will take the place for any class when another Instructor is asked to fill in and is unqualified to teach that class.